



JANUARY 2018





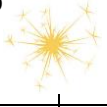
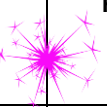

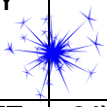


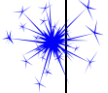
George H Waters Nutrition Center

AT THE TOWERS

1415 "D" Avenue- National City, CA 91950

(619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) CLOSED NEW YEAR'S DAY 	2) CLOSED 	3) HOMEMADE MEATLOAF CHEESEY POTATOES PEAS & CARROTS BEET SALAD CHERRY TART MILK	4) CHICKEN PARMESAN  SAFFRON RICE WINTER BLEND ROMAINE SALAD FRESH GRAPES MILK	5) CATCH OF THE DAY  SPANISH RICE ZUCCHINI & CORN POPPYSEED COLESLAW MILK
8) FLAMED BROILED SALISBURY STEAK MACARONI & CHEESE BROCCOLI & CAULIFLOWER TOSSED SALAD PEACH MELBA MILK	9) BAKED PORK CHOP W/ GRAVY  SCALLOPED POTATOES CALIFORNIA BLEND CARROT SALAD BANANA MILK	10) BEEF STROGANOFF EGG NOODLES NEW ENGLAND VEGGIES TOMATO WEDGE SALAD APRICOT CUP MILK	11) OLD FASHIONED TURKEY DINNER  CANDIED YAMS GARDEN VEGETABLES CRANBERRY ORANGE NUT SALAD PUMPKIN BREAD MILK	12) CATCH OF THE DAY OVEN ROASTED FRIES MIXED VEGETABLES DUTCH COLESLAW STRAWBERRIES & CREAM MILK
15) CLOSED 	16) STEAK RANCHERO SPANISH RICE & BEANS CHUCKWAGON BLEND GREEN BEAN SALAD KIWI STRAWBERRY CUP MILK	17) GRILLED BRISKET  BAKED POTATO VEGETABLE TRIO GREEN SALAD LEMON TART MILK	18) BACK YARD BBQ CHICKEN  SCALLOPED POTATOES STEAMED SPINACH TROPICAL FRUIT SALAD TAPIOCA PUDDING MILK	19) CATCH OF THE DAY ALMOND RICE BROCCOLI & CARROTS MARINATED CUCUMBER SALAD FRUITED LIME GELATIN MILK
22) ROAST PORK W/ APRICOT SAUCE BAKED SWEET POTATOES CAULIFLOWER W/ CHEESE PEA SALAD WATERMELON MILK	23) BEEF BRISKET W/ TERIYAKI GLAZE ORIENTAL ALMOND RICE STEAMED BROCCOLI ORCHID SALAD MANDARIN ORANGES MILK	24) MAPLE MUSTARD ROAST CHICKEN OVEN BROWNED POTATOES SCANDINAVIAN VEGGIES TOSSED GREENS APPLE CRISP MILK	25) BEEF FLYING SAUCER  REFRIED BEAN & SPANISH RICE CHUCK WAGON BLEND MARINATED VEGETABLE SALAD APPLESAUCE MILK	26) CATCH OF THE DAY SAFFRON RICE ASIAN STYLE VEGETABLES PICO DE GALLO HONEYDEW MELON MILK
29) CHICKEN ENCHILADAS RICE & BEANS MARINATED VEGETABLE SALAD FRUIT CUP MILK	30) ROAST BEEF  MASHED POTATOES OREGON BEAN MEDLEY LEAFY GREEN SALAD APPLE COBBLER MILK	31) BBQ PORK RIBS BAKED BEANS BRUSSELS SPROUTS POTATO SALAD STRAWBERRIES & VANILLA ICE CREAM MILK	Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M	Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.